

W

WE STAND WITH THEM



RESOURCES FOR OUR FAMILIES.

The Collective Effort.





A MESSAGE: FROM WE STAND WITH THEM TO THE COMMUNITY!

Hello all!

My name is Adrienne Walker. I just wanted to take a second to tell you all how much I love you! I am honored to be able to share my heart and my passion with you and your children. I created this resource to share the tools that I have gathered in my years of being a mother to my children and throughout my life.

We are so blessed to be connected to a church community that loves unconditionally, especially during this time. My hope is that we can continue supporting each other and that we can continue adding resources and finding fun ways to have tough conversations. God is truly at work.

If anyone would like additional support, to share more resources for others, or to ask any questions, I just want to make myself available to you. My email is adriennewalker@westandwiththem.org. Please don't hesitate to reach out!

We Stand With You †

Adrienne Walker



be
Strong &
Courageous



THE LORD YOUR
GOD IS WITH
YOU WHEREVER
YOU GO.

JOSHUA 1:9

WHERE DO I BEGIN...

Start with inviting the Holy Spirit into your home. This is hard work and God wants us to know that we aren't in this alone. He is with us always!

https://www.google.com/search?q=joshua+1:9&source=lnms&tbn=isch&sa=X&ved=2ahUKewjKlsmF_eTpAhVEIDQIHSGmAP4Q_AUoAXoECBMQAw&biw=673&bih=575#img_rc=nnhYoYyD3UJWWHM

W

WE STAND WITH THEM

A MOMENT OF PRAYER

Heavenly Father,

In your wisdom you created all people in your image. Through your goodness, open our eyes to see the dignity, beauty, and worth of every human being. Open our minds to understand that all of your children are in your kingdom. Open our hearts to rebuke attitudes, behaviors, and speech which demean others. Open our ears to hear the cries of those that are impacted by racial discrimination, and their passionate appeals for change. Strengthen our resolve to make amends for past injustices and to right the wrongs of history. Fill us with courage that we might seek to heal wounds, build bridges, forgive and be forgiven, and establish peace and equality for all in our communities.

In Jesus' name we pray.

Amen.





- ✍ It is never too early to have the conversation! Hopefully, this presentation provides resources for you to feel empowered as you take on such a task as this. This guide will provide you with fun and innovative ways to tailor the conversation so that it works for you and your children.
- ✍ “God's perfect timing does two things: It grows our faith as we are forced to wait and trust in God and it makes certain that He, and He alone, gets the glory and praise for pulling us through.”

-Rev. William Thomas, *Hereford United Methodist Church*

WHEN CAN I START HAVING THE CONVERSATION?

***BENEFITS OF STARTING TO
HAVE THE CONVERSATION
ABOUT RACIAL BIAS AND
SOCIAL INJUSTICE WITH YOUR
CHILDREN...***

- ❓ Research has shown that children even as young as three years of age notice and comment on differences in skin color.
- ❓ People of all ages tend to ascribe positive qualities to the group that they belong to and negative qualities to other groups.
- ❓ Despite some parents' attempts to protect their children from frightening media content, children often become aware of incidents of community violence and social injustice.
- ❓ When we don't proactively talk about racial issues with our children, we may be inadvertently teaching them that race is a taboo topic. In any case, proactive conversation is a must. The narrative and the education starts at home.
- ❓ Parents who want to raise children to accept individuals from diverse cultures need to counter negative attitudes that their children develop from exposure to the negative racial stereotypes that persist in our society.

W

WE STAND WITH THEM



EDUCATIONAL INFORMATION



WHAT CONTENT IS APPROPRIATE....?

That's up for you to decide! This document will provide you with age specific information to view and go over with your children. There will also be tips on going through the content, hyperlinks to websites (*copy and paste or click in presentation mode*) that you may find helpful!

And of course, PRAY ON IT. If you are feeling overwhelmed or uneasy about any of the resources and tools you are using to have the conversation, ask God to provide clarity and discernment to you in this time. He will never steer you wrong.

Racism

- prejudice, discrimination, or antagonism directed against someone of a different race based on the belief that one's own race is superior.

Stereotypes

- a widely held but fixed and oversimplified image or idea of a particular type of person or thing.

Prejudice

- preconceived opinion that is not based on reason or actual experience.

Bias

- prejudice in favor of or against one thing, person, or group compared with another, usually in a way considered to be unfair.

KEY TERMS.



WE STAND WITH THEM

KEY TERMS.



Social Justice

justice in terms of the distribution of wealth, opportunities, and privileges within a society.



Injustice

lack of fairness or justice.



Equality

the state of being equal, especially in status, rights, and opportunities. "Leveling the playing field"



Equity

the state of providing more for those who are in need especially in status, rights, and opportunities

W

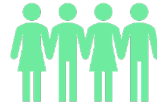
WE STAND WITH THEM

KEY TERMS.



Micro-aggression

a statement, action, or incident regarded as an instance of indirect, subtle, or unintentional discrimination against members of a marginalized group such as a racial or ethnic minority.



Diversity

The state of having variety



Cultural Humility

ability to maintain an interpersonal stance that is open to continued learning in relation to aspects of cultural identity that are most important to the person.



Privilege

a special right, advantage, or immunity granted or available only to a particular person or group.

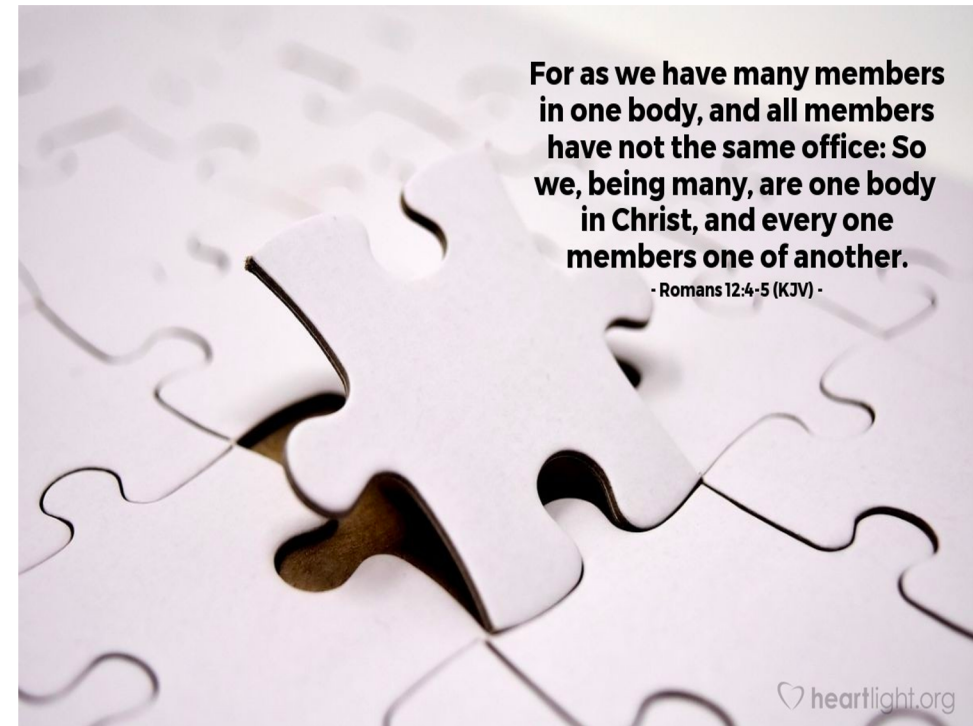
W

WE STAND WITH THEM

DIVINE PRIVILEGE

- ✍ Being chosen by God to join His Kingdom is a divine privilege (Ephesians 2:8-10).
- ✍ God invited us into an elite family.
- ✍ He included us with His most trusted servants and wanted us to live with Him forever.
- ✍ Pastor Julian's Sermon on Divine Privilege (link below)

<https://www.youtube.com/watch?v=dEIKMXoYmX4>





“In a racist society it is not enough to be nonracist we must be antiracist.”

-Angela Davis

W

WE STAND WITH THEM

CIVIL RIGHTS MOVEMENT: AN ANIMATION FOR KIDS

Elementary school kids 😊

<https://www.youtube.com/watch?v=WKEGou1zPII>

<https://www.youtube.com/watch?v=jaeMr7dk6OQ>

<https://www.youtube.com/watch?v=ipm-sQZsr8g>



W

WE STAND WITH THEM

BLACK LIVES MATTER MOVEMENT

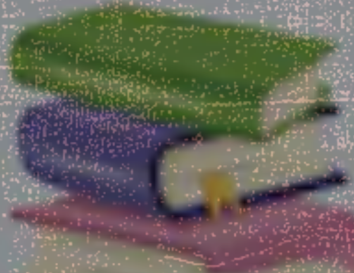
tap
here



<https://vimeo.com/359533076>

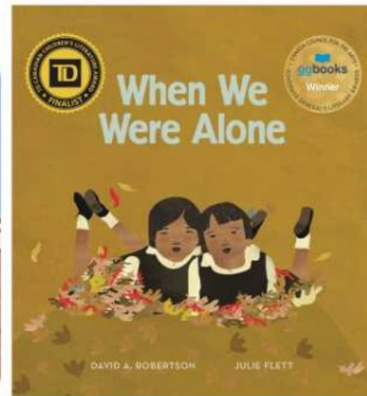
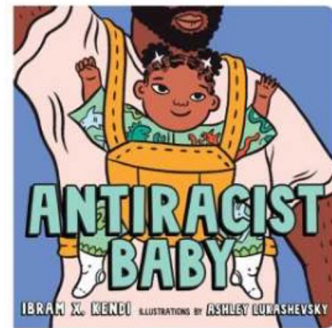
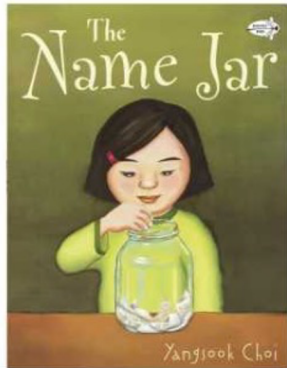
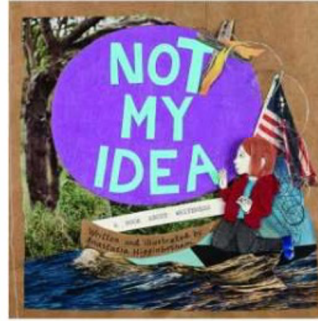
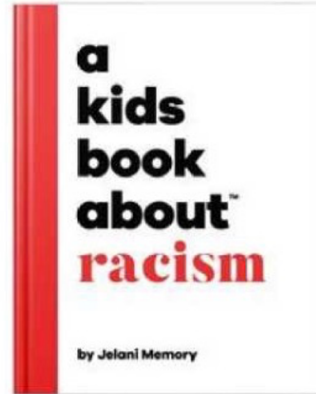
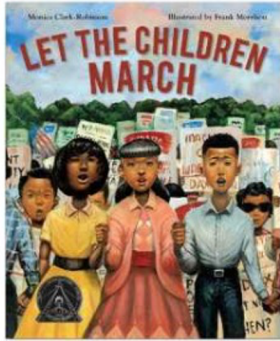
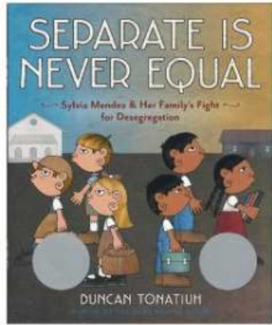


BOOKS FOR ALL AGES



W

WE STAND WITH THEM



**20 KIDS PICTURE BOOKS TO
HELP START
CONVERSATIONS ABOUT
RACE, RACISM, AND
DIVERSITY**

tap
here



<https://mom.com/kids/20-kids-picture-books-to-help-start-a-conversation-about-race-racism-diversity>

WE STAND WITH THEM

W

WE STAND WITH THEM

TEEN BOOKS ON PREJUDICE AND RACISM



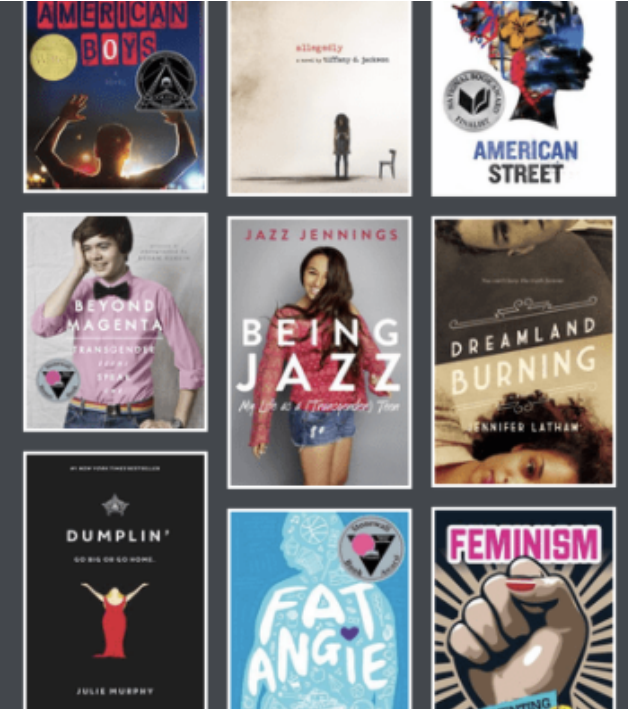
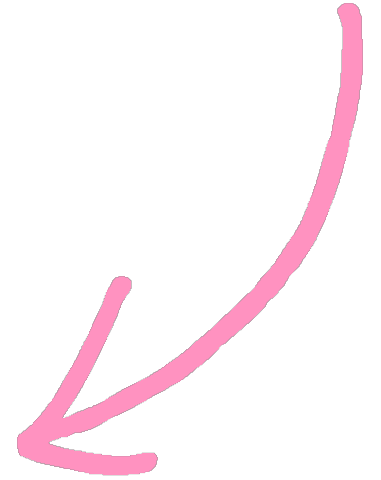
<https://www.amazon.com/Best-Sellers-Books-Teen-Young-Adult-Fiction-about-Prejudice-Racism/zgbs/books/10368574011>

"Absolutely riveting!"
—JANICE REYNOLDS, bestselling author of *All American Boys*



ANGIE THOMAS

tap
here



<https://seattle.bibliocommons.com/list/share/200121216/675212937>

SOCIAL JUSTICE BOOKS: FOR TEENS



BOOKS FOR PARENTS TOO



<https://www.nytimes.com/2019/05/29/books/review/antiracist-reading-list-ibram-x-kendi.html?auth=login-facebook>

An Antiracist Reading List

Ibram X. Kendi on books to help America transcend its racist heritage.

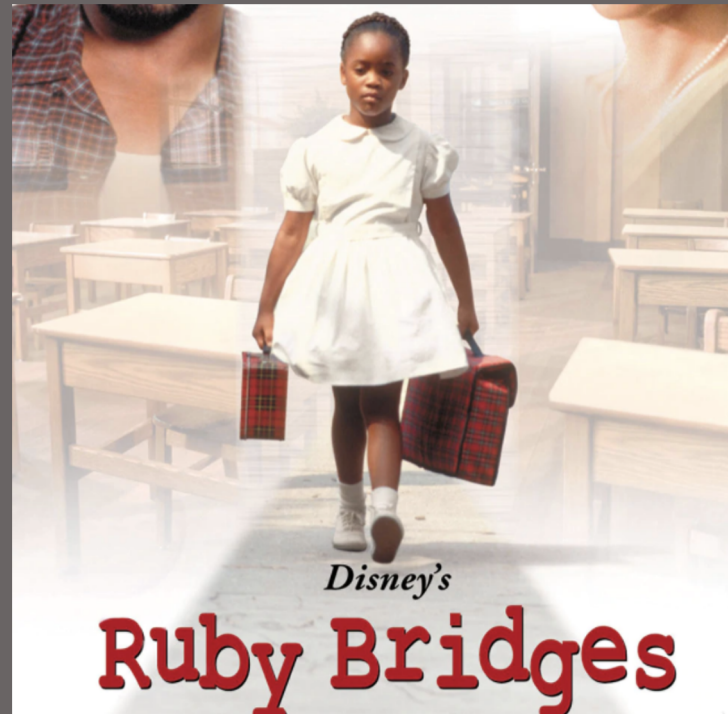


MOVIES FOR ALL AGES ☺



W

WE STAND WITH THEM



MOVIES THAT START THE CONVERSATION 😊

MOVIES THAT START THE CONVERSATION 😊

Pride, age 8+

This fact-based drama about an underdog African American swim team in the 1970s deals with racism head-on, showing how the swimmers faced—and stood up to—prejudice in their quest to succeed.

Conversation starter: Have you ever seen someone in real life being treated unfairly for no reason? What would you do if you felt discriminated against or saw a friend being held back from their goals based on their skin color?

And the Children Shall Lead, age 9+

Direct and sensitive, this tween-friendly take on how the civil rights movement turned the South upside down in the 1960s is both direct enough to hold tweens' attention and important enough to be good family viewing.

Conversation starter: What would you do if you were faced with the same situation as the kids in the movie? Can you think of examples that show how race still affects the way people are treated today?

MOVIES THAT START THE CONVERSATION 😊

Hidden Figures, ages 10+

The true story of three brilliant African American women who worked at NASA in the 1950s and '60s offers a realistic look at the racial tensions of the civil rights era, plus tons of positive messages about integrity, perseverance, teamwork, and communication.

Conversation starter: How do the lessons from the civil rights movement apply today? How far have we come? How are people still discriminated against?



Sounder, ages 12+

Based on the Newbery Award-winning novel by William H. Armstrong, one of the key themes of this coming-of-age drama is the power of education reading to help overcome a deeply rooted racist society.

Conversation starter: Why are the types of books the main character is given by white and African American teachers so different? What does the boy need to overcome to pursue his dream of learning?

MOVIES THAT START THE CONVERSATION

The Great Debaters, age 13+

Denzel Washington stars in this inspirational fact-based drama about a debate team that overcomes severe prejudice on the way to national fame. Expect unvarnished discussions and representations of 1930s racism, including a brutal lynching scene.

Conversation starter: Does seeing racism and prejudice portrayed in a historical setting make it any easier to watch? Why, or why not?

Hoop Dreams, age 13+

This outstanding 1994 documentary is a searing portrait of inner-city life in America and the extraordinary, unfair expectations placed on the shoulders of many young African American athletes.

Conversation starter: How are issues of race and class linked, especially in urban America? How does this movie shed light on those issues?

MOVIES THAT START THE CONVERSATION 😊

Selma, age 13+

Despite some historically accurate violence and occasional strong language, this drama about revered civil rights leader Martin Luther King Jr. is powerful and educational, with fabulous performances, a gripping script, and important subject matter.

Conversation starter: What are the differences between a protest and a riot? How are protests typically shown on TV or in the movies? What about riots?

The Color Purple, age 14+

This intense drama based on Alice Walker's award-winning novel deals with serious themes (including incest and abuse), but it will open mature teens' eyes to the difficulties that women—especially black women—experienced in the early 20th century.

Conversation starter: How have times have changed for women since the era in which the story takes place? Has anything remained the same? Why are the challenges faced by women of color different from those faced by white women?

MOVIES THAT START THE CONVERSATION 😊

Mudbound, age 15+

Following two Mississippi families—one white, one black—who live through and after World War II, this drama based on [Hillary Jordan's novel](#) paints a harrowing portrait of the Jim Crow South, inviting in-depth conversation about subjects that are as relevant today as they were decades ago.

Conversation starter: Do you think showing disturbing violence helps audiences more fully comprehend the African American experience? Why, or why not?

13th, age 16+

Director Ava DuVernay's provocative, challenging documentary about the racial issues confronting contemporary America isn't for the faint of heart, but mature viewers will find it both educational and a call to action to take a stand against racial injustice.

Conversation starter: What surprised you most about our country's treatment of African American citizens over its long history?

MOVIES THAT START THE CONVERSATION 😊

[When They See Us](#), age 16+

Based on the events of the 1989 Central Park jogger case. The miniseries explores the lives and families of the Central Park Five who were falsely accused then prosecuted on charges related to the assault of a white woman.

[Link to the discussion guide:](#)

[http://cfyj.org/images/weeklylegislativeroundsups/When They See Us Full Discussion Guide 2.pdf](http://cfyj.org/images/weeklylegislativeroundsups/When_They_See_Us_Full_Discussion_Guide_2.pdf)



<https://www.tolerance.org/classroom-resources/tolerance-lessons/art-and-activism>

ART AND ACTIVISM: FOR K-5TH GRADERS

This lesson series capitalizes on children's natural relationship to art by prompting them examine the ways art relates to community leadership and activism. The lessons can be used individually or as a full series and are not dependent on sequence.

HOW TO SPOT FAKE NEWS



CONSIDER THE SOURCE

Click away from the story to investigate the site, its mission and its contact info.



READ BEYOND

Headlines can be outrageous in effort to get clicks. What's the whole story?



CHECK THE AUTHOR

Do a quick search on the author. Are they credible? Are they real?



SUPPORTING SOURCES?

Click on those links. Determine if the info given actually supports the story.



CHECK THE DATE

Reposting old news stories doesn't mean they're relevant to current events.



IS IT A JOKE?

If it is too outlandish, it might be satire. Research the site and author to be sure.



CHECK YOUR BIASES

Consider if your own beliefs could affect your judgement.



ASK THE EXPERTS

Ask a librarian, or consult a fact-checking site.

IFILIA

International Federation of Library Associations and Institutions

SOCIAL MEDIA

Social media is a heavily relied on source of information for our children, but we must remind them that social media may not be the most authentic source of information. The following are tools to spot information that may be misleading.

W

WE STAND WITH THEM

MUSIC AND EXPRESSION

Music has been an outlet for communities to express themselves about social injustice since the beginning of time. From *Inner City Blues* by the Chi-Lites to *American Skin* by Bruce Springsteen. Music is a source of hope. Here are a few songs that shed light and bring hope to our hearts when learning about social justice and racial bias in our communities.

<https://open.spotify.com/playlist/0PigbEAOxbwXOwvHFsq1vZ>

“We write songs about wrong cause it’s hard to see right...Look to the sky, hoping it will bleed light.”

-Common, The Corner



**Songs of Social Justice, Change,
and Inspiration Playlist**

PROTECT YOUR MENTAL HEALTH

AFTER TRAUMATIC NEWS

WWW.XONECOLE.COM

KNOW WHAT YOUR TRIGGERS ARE

Not every platform requires your energy. Log off social media or turn off the news. Your mental and emotional health is more important than being plugged in.

CREATE BOUNDARIES

Don't be afraid to tell your friends, family or whoever to kindly stop sending you footage of events that trigger you in any shape or form.

BE MINDFUL OF WHAT YOU SHARE

Try not to accidentally trigger others by sharing certain content. There are people who may not want to share your outrage or pain at this moment.

XO NECOLE

MENTAL HEALTH: BE CONSCIOUS NOT CONSUMED

Vicarious Trauma:

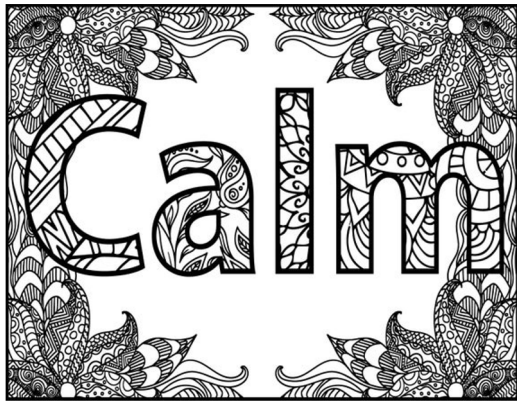
*the emotional residue of exposure when you hear about **trauma** stories and become witnesses to the pain, fear, and terror that **trauma** survivors have endured.*

Learning about Racism and social injustice can be very difficult. Sometimes it can bring-up feelings and emotions that you can't explain, especially if you haven't experienced it for yourself. Make sure you are checking in with yourself and with your children by engaging in self-regulation. It's important to be conscious about the issues at hand, but not consumed.

W WE STAND WITH THEM



SELF-REGULATION ACTIVITIES



Coloring Pages for Adults 😊

<https://www.justcolor.net/>

Coloring For Kids

<https://www.crayola.com/free-coloring-pages/new-coloring-pages/>

YOGA *with*
ADRIENE

Yoga

<https://www.youtube.com/user/yogawithadriene>



Physical Activity 😊



Animal Therapy 😊



Prayer and Meditation 😊





15 Social Justice Organizations to Support Right Now

ADDITIONAL RESOURCES



W

WE STAND WITH THEM

THE COLLECTIVE
EFFORT

We stand with our **children.**

We stand with **parents.**

We stand with the **oppressed.**

We stand with **change.**

We stand with **love.**

We stand with **THEM** because
we stand with **HIM!**

AMEN